

To

The Youth of India.

A PHYSICAL CULTURAL SCHEME FOR THE INDIAN UNIVERSITIES.

INTRODUCTORY.

During twenty years of my travel in Bharatvarsh, in Europe and in the Far East it has been my special privilege to pass most of my time in the company of students, the generation on whom the salvation of a country depends; and I have always been deeply pained to see the most deplorable physique and unhealthy state of body which is the lot of as many as ninety percent of them in India. Without a sound body there cannot possibly be a sound mind and sound intellect. A lucky lad I was that I thought about Physical Exercise even from my very boy-hood. Born at Viraghattam (lit. the village of heroes) the very name of my birth-place infused in me a dauntless determination, if not to reach the height of the glory which our ancestors attained by their heroic deeds, at least to touch the out-ward fringe of its halo. The names of Bhishma and Bhima, Hanuman and Laksman were a constant source of inspiration to me in my incessant efforts to become the strongest man of the world.

I practised almost all the Physical Cultural Systems that have been put forth till now; but I affirm that I found the Indian System of Physical Culture the most effective one to bring about permanent health and muscular development. Hence I discarded all other systems and continued practising the Indian system in obscurity.

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I had occasion to realise my latent strength when once I pulled out with ease a buffalo by its horns which, poor creature, got stuck up in a sewage canal somehow and was struggling to come out while nearly twenty people had been trying in vain to pull it out. At another time I discovered that I could lift three times the weight which Eugen Sandow, the world renowned Athlete of Europe, was lifting as a feat of strength. Then in May 1905 when he was here in India I challenged him to a trial of physical strength; it is well-known by now how unsportsmanlike he behaved. Afterwards I exhibited my feats first under the patronage of the South Indian Athletic Association of Madras; and I had the patronage of the Prince of Wales the next year.

Since then I have taken to Physical Culture as an Art and Profession. The deplorable physique and unhealthy state of body of my countrymen in general and students in particular threw me into deep thought for a long time and I have for long been thinking of a scheme for the physical regeneration of my country. But this gipsy life of mine, while demonstrating to the world the importance of Physical Culture has always been a hindrance in my way to prepare the scheme. Now that the end of my touring career is drawing nigh and I have a little leisure I have set myself earnestly to prepare a scheme of Physical Culture for the Universities and place the same before the public for constructive criticism. I have every reason to believe that the scheme would be considered as sufficiently workable to deserve its inclusion in the University Course and I would consider my labours amply paid if some of our Universities accept it and apply it as soon as conditions permit.

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ADVANCEMENT IN OTHER DIRECTIONS.

The present age is one of material prosperity and has made great progress in its search after Truth by way of science. This stage has been reached by patient labour of many generations and we feel proud that our times should have the good fortune to witness scientific progress advantageously in so many directions.

Some of us may deny the fact and assert that the world could not have attained this state of prosperity if it had not produced capable men. Men no doubt have been; but men only striving after mental development leaving for themselves little manliness. It is a simple Law of Nature that if exclusive attention is paid to any one of the manifold qualities of man it should be at the cost of the rest. The activities of the mind depend upon the proper functioning of the body; so that when the body is not in a good working order it necessarily follows that the mind ceases to work.

No doubt the recent war has shown that mere brute-force is of no use and it is of course true that it is the mysterious power of the human mind that has captured the Elements. But it is a matter of doubt whether the human mind would be capable of keeping successfully under its control all the Elements without a sound and healthy body. That our mind attains this superiority entirely at the expense of our body is only too evident from the thousand things which we see around us in our daily life.

OUR PHYSICAL DEGENERATION.

The bad physique of the people, which is undergoing continuous

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degeneration, is due in a large measure to the complete disregard of the observance of the Four Ashrams of life so lucidly described in our Shastras and duly followed by our ancestors :

- (1) Brahmacharya: the preparatory period for the future struggle of life; the period of the cultivation of mind and body.
- (2) Grihasth: the period of enjoyment of worldly pleasure.
- (3) Vanaprasth: the period of exercising and generating full control over the Mind and the Senses.
- (4) Sanyas: the period of complete freedom from all desires being one with the Divine.

These are the four Ashrams into which human life was divided. What marvellously satisfactory results this division of life gave is manifest from the all round development of human life in the past in all its branches and varied activities. But what is the condition to-day? Neglect and total disregard of these essential customs and observances which formed the ancient life in India and the blind adoption of Western ideas resulting in consequences as disgusting as they are disastrous. A few only could now-a-days be regarded as thoroughly healthy persons; ailments of diverse kinds hover round the poor individual from start to finish until at last he becomes an early victim to that mysterious hand of Death.

SHORTNESS OF OUR LIFE.

The inevitable result of the constant ill-health has resulted in the diminishing of the span of life. Figures, too well known to require quotation here, show the average of the Indian life is

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about a fourth of what it was two or three centuries ago and about a half of what it is now in most of the other countries of the world.

BODIES UNABLE TO RESIST DISEASE.

The evil does not stop here. Even this short life we do not live in contentment and in the enjoyment of good health. Every one of us is a constant witness to the misery and ailments that afflict the millions of our countrymen. How many of them do we not see every day suffering from hysteria and how many of our brethren do we not see unable to stand the increasing strain of daily life? Few young men today do not feel weakness or lassitude after an hour's continuous exertion unless they take their favourite beverage or soothing medicine which produces only depression after a temporary stimulation. Thus not having the good fortune of enjoying even this short span of life our immunity from disease has become almost negligible. In short we cannot be said to be living at all; we drag our miserable existences. Our bodies may well be compared with Lucknow khilounas or the dolls at Whiteaway Laidlaw's. We are of no use either to ourselves or to the land of our birth.

THE EVIL OF "PEACE"

Up to the end of the Mahomedan period or even as recent as the time of Shivaji and Guru Govind there seems to have lingered the remains of martial blood in our veins, which in other words may well be remarked as the observance of *Swakarma*, *Swadharma* and *Swadhyaya*. Before the British Raj everybody had, as he was then circumstanced, to take care of his life and property himself; and thus it was a matter of course most essential for the exercise of existence

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that he had to acquire an amount of physical strength to ward off any possible dangers; and it is no wonder the people thus kept up their physical strength and the spirit of bravery at a far higher pitch than at the present. Now our benign Government takes all possible pains to protect the life and property of its subject. That is as it should be. But the way in which it has done this has not been as unmixed good. The Indians have for a long time forgotten the use of arms and the result is a woeful lack of manliness and martial spirit. This policy of the Government has unobservedly but continuously sapped and undermined the very basis on which a nation has to stand. The race has gone so far down that our country is not counted a nation among the nations of the world. In following blindly the all-absorbing influence of Western education we have become miserable wrecks physically, mentally and spiritually. We have even yet to fear nothing if only we rouse ourselves and realise the gravity of the situation.

A TYPICAL YOUNG MAN OF THE DAY

Look at a typical young man of the present day, clad in a bunyan, shirt, waistcoat, coat or long-coat and not unoften an overcoat; he looks much bigger than he really is and the parents are proud of the robust son. But it is not long before they are disillusioned; the gratification gives way to despair when the father sees the son at bath and finds him no better than a human skeleton used for demonstrating Cateology to medical students. Such is the physical development of these days. The reader may well imagine the amount of good these valiant sons of Bharatvarsh will do either to themselves or to their counrry. If it is not out of taste they may well be

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described as:

Coat boot *ancha chashmancha*

Hat pantaloons *meiracha*

Shirt necktie *shadqunamcha*

Gentleman *meiracha*

ARYAN FEATURES DISAPPEARING

Let this chain of calamities end. What about our ancestral inheritance ? How many of us in a hundred can boast of the handsome features of our Aryan ancestors ? of their physical features, or of their mental attainments? Even making allowance for the lapse of time, the rate of our degeneration seems to be very rapid; and we are today a people of pigmy stature depending entirely on tailors and washermen to hide or to obscure our ugly bodies and features.

Now let me ask my countrymen " Have you ever granted a moment's thought to this very vital problem in the building of our nation ? Have you devised any practical remedies to combat this evil ? Will you, my countrymen, go on without making any intelligent effort to lay the axe at the root of this weakness and misery ? Will you allow the noted chivalry and the noble hardihood of the Indian to sink into oblivion ? Will you make it a thing entirely of the past ? I implore you, I beseech you, I exhort you my brethren in the name of all that is dearest to you to shake off the lethargy, to show to this world that you were sleeping the sleep of lions only, to rise again with redoubled energy and courage to take the work of rebuilding your nation in right earnest ".

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THE ANCIENT FOREST UNIVERSITIES

Now this much for the pitiable position we have come to occupy in the history of our country. What about our ancestors of whom we boast today as their descendants ? Had they to depend upon washermen and tailors for the exhibition of the development of their bodies or on powder and paint to set off their facial features ? Not in the least. These devices are entirely to the credit of modern civilisation.

Our ancestors were of gigantic stature with bones and muscles stronger than rafters and with the martial blood of Bharat flowing in their veins. Being what they were, it is no wonder that they accomplished the wonderful feats of might and mind as are handed it down to us today in our traditional accounts. If such were our ancestors the reader may well imagine the glorious Physical Culture that formed the foundation for their pre-eminence in the field of Thought. The very humble feats of the writer have created such wondrous bewilderment in the minds of the present generation that the achievements of our ancestors must necessarily seem well nigh impossible to them. But what was their glory due to ? How was this marvellous all-round development of our ancestors effected and how has come the impotent and extremely degenerate plight of ours ? The answer is they followed Nature. Nature was their guide and it was in the midst of nature that they planted their first institutions; there were no restrictions imposed; every thing was left to the free and rank growth of Nature in a forest. A pleasant piece of forest ground abounding in ample shade of evergreen trees with clear shrubbery was all that they required. Thus sprang the Forest

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Universities of our ancients. Enclosed by lofty mountains and rivers, with a profusion of foliage and flowers of rich and varied hues, with frisking antelopes approvingly patting the backs of students in study and sages in meditation, with the warblings of sweet notes of music from the floating hataks in ponds of life-giving waters and the multicoloured peacocks dancing amidst meadows of velvet-green and waving their gorgeous plumes to the dusky water-bearing cloud, it was in such sites that the Forest Universities infused *ideals* at once lofty and sublime in the mind of their denizens. To look even briefly into the qualifications of those students would take us too far afield. We shall consider only their Gurus; not every one could claim to be a guru.

Their educational qualifications were necessarily of the very highest. Physically, much importance was attached to their personal features. The golden principle of a sound mind in a sound body was never neglected. It is said that the Guru was required to be as high as ninety-six inches and about the same measurement was to hold good when he stretched both his hands to his side in a line. To ask for such a guru in these days is to ask for the moon.

The daily routine prescribed for the students of the Forest Universities was a model program being one of full of VYAYAM i. e. bodily exercise : Pranayam - Breathing Exercise, Military training and Agriculture formed courses side by side with Vyakaran and Dharma Shastras, Astronomy and Astrology, History and Geography, Ayurveda and Vedanta. Brahmacharya or the vow of celibacy was strictly obser-

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ved throughout the student's career. This formed the foundation of the students' education.

Thus brought up entirely under the fostering care of Mother-Nature these students had afterwards to travel throughout the country and visit courts of kings gathering in this way a good deal of worldly experience, incidentally becoming excellent pedestrians. Next when a certain amount of perfection was reached it was incumbent upon them to impart it to others in turn. Thus diffusing the holy influence wherever they went it is small wonder they made communal life what it actually was in those good old days.

PHYSICAL CULTURE IN THE PRESENT UNIVERSITIES

During the Mahomedan period there seems to have been some relish for Physical Culture. And we meet innumerable instances of chivalry and gallantry so much so that even women, amongst them many princesses, have left indelible stamp of courage and bravery recorded to their credit. But let us come to our times. What do we see ? Now there is neither forest nor nature. All that is available is the din and bustle of busy streets and a dull dust-laden atmosphere; and in it an ill-ventilated and uncommodious building, unintended and undesigned for school or college purposes, with as limited a compound as possible for any useful purpose. In this limited space the occasional visitor can see in a corner a rickety or halfbroken horizontal bar or a partly planted parallel bars together with other accessories of a gymnasium. On week days the ill-paid and meagerly clad (mostly in the relics of bygone military glory) Drill teacher or Gymnastic instru-

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ctor, often a pensioned half-famished and weather-beaten sepoy with a grey beard hidden under a paint, and attempting to stand erect while his half-fed and ill-nourished back pulls him down, makes his unwelcome presence on these scanty grounds. The poor man has to go through all that he can teach in a brief period of about forty minutes and that too at the end of the day's routine at school when the boys are left with no energy due to the excessive mental worry that is demanded by the courses in our present day school curricula. Exhausted by the day's work and attendance not being compulsory, as many of the boys as could conveniently escape, scarcely make their appearance on the grounds. The more modest of them apply for leave on various pretexts which the benevolent Drill Teacher is only too anxious to grant. While for the elderly mischief making set who are interested in other games there is no restriction at all. Thus after all these deductions, a few striplings remain face to face with the poor Drill Teacher. After the usual preliminaries of arranging according to size etc. are gone though comes the turn of the boys to mount upon the bars. The Drill Teacher cannot even sufficiently express himself in proper language as to what he wants the pupils to do. To add to this if he happens to be an irritable person a stripe or two with his half-rent cane will set the boys fleeing to a corner where after shedding ample tears they curse themselves for not having followed the example of their comrades in not making their appearance at all in the field. Next a more plucky fellow may partly attempt the feat himself but half way on the bar his dhoti gets loose; then away with feats and gymnastics to the great laughter of his fatigued friends. Meanwhile

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the Instructor who is very particular about time finds that he has actually exceeded his time and calls upon his pupils in a hurry to form a line and dismisses them with the usual *rights, lefts and about turns*. This in short is the physical exercise which at schools our boys are given. Thank God even this much is found in the schools; for, in Colleges the boys already find themselves too great or advanced for it; they have reached man's estate. They require manly games such as Foot-ball, Hockey or Cricket. Shortly after Four the last bell rings. Out stream the Collegians with faces oily and perspiring and with hands groaning under the weight of their bulky books, their throats half-parched, their backs bent with pain caused by sitting long on wooden benches, some of them trudge into the pigeon-holes of a Hostel while others set about their longer pilgrimage to the city. They go home, drink water, feel a slight inclination to rest their backs and lie down with the pious resolve to get up in a few minutes. Off and on goes their disturbed soul and they only wake up to the intolerable twitter of the evening birds. Mean-while the thought of a private tuition, which the college boy has often to undertake to maintain himself springs up to his mind and runs in a hurry lest his ward should replace him by another. And then where do the exercise or games find a place in his mind? And are not a majority of the colleges boys working like this in adverse circumstances?

EFFECTS OF THIS ON AFTERLIFE.

Thus the little idea which the boys have of exercise at schools disappears in their college career. And after thus

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spending four or five years at the college the gentleman enters life with his pipe completely smoked out, and with no better surety about future—to sink or swim is the work of Chance. And once this machine enters his clerical life—his academical career renders him unfit for any other, he not only does not think of physical exercise but also forgets the outside world except his immediate superior officer and his over loaded table. The most that you can see in him as regards his attention to his health would be his frequent appearance in Clubs where Tennis, Badminton Pingpong dish-pong and similar womanish games are played and all sorts of temptations provided to pollute the mind and lead him to ultimate ruin often.

The very fact that he enters life with no vitality, courage and will power left in him is a constant source of anxiety to him and the worry consequent on his ill-health coupled with it weighs him down until it proves too much for him and at last he succumbs to it contributing nothing either to himself or to the land of his birth.

THE REAL MISTAKE.

The mistake lies primarily in the present day overworked educational system with its onesided and famishing view of life, based on the fundamentally wrong idea that mental development is the one thing worth our while. And the worst of it is the system has sapped out the physique without adding one jot to the mental stature and has thus defeated itself in an thorough fashion. Where can the poor Mind

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exist without Body? A good body helps to create a better mind, a mind capable of ideas. Let it not be the outlook of our young men today to learn careful walking without disturbing their panataloons or neckties or well-parted hair; but let it be their aim to face the world and fight its unending battle like the knights-errant of the Middle Ages; let them no more seek their wives through welldressed hair and painted face but through genuine and manly feats of might as was done in the Swayamvaras of our ancients. Let it not be the outlook of our young women to teach fashion to Paris or London in which direction the wind is blowing at present but to become Viramatas as did the ancient matrons of this land.

APPEAL TO UNIVERSITIES.

It is time therefore to set ourselves earnestly to the rebuilding of the nation without further delay; lest the race of this ancient land once so radiant with lustre and resplendence should completely disappear from the face the Earth. Universities are primarily responsible to train up the young of today who shall have to bear the national burden tomorrow. The Universities should diagnose the root cause which is sapping the manhood of our young men. Since Education is now a Transferred Subject responsible Indian Ministers should rise to the occasion. The recent University Reform initiated in Madras and Bombay and elsewhere has not come up to the needs of the situation. The old notion is still there forming the basis of Reform and Reform on such lines

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is necessarily illusory. I trust the Ministers will rise to the occasion and apply the right remedy which is not far from their hands. Perhaps this modest endeavour of mine might help such reforming Ministers because what I say is based on experience and a study of the subject and situation.

THE SCHEME.

NON-INDIAN SYSTEMS OF PHYSICAL CULTURE DEFECTS.

Ever since I commenced travelling, it has always been my steady aim to point out to the people the defects under which they are labouring in matters of physique and health and to suggest to them all possible remedies which I could think of. It has equally been my purpose to try to find out the merits and demerits of the different systems of Physical Culture in vogue. I have myself come in contact with persons earnestly following the systems of Sandow, Apollo Muller, Hecken Smith, Milo and Jiu Jitsu and others. Some of the systems I have myself practised. But it has invariably been my experience that while all these systems without doubt do advance the development of the body, their effect has always been temporary; in fact the development and formation of the body begin to disappear the moment you give up the exercise.

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Another marked defect in the foreign systems is, while they produce muscular development they give no exercise to the inner muscles and organs of the body and hence are not conducive to health in the real sense of the word. When you once give up practising the systems you begin to feel a sort of nervous pain; the reason being that the inner organs remaining indolent, generate a sort of poison, which after accumulation results in muscular rheumatism.

Still another defect which I have been able to note is this; the Non-Indian systems only tend to help the development of the body above the waist and not below it, while the Indian system tends to help uniform development of the whole human frame. It is an erroneous idea that you can safely dispense with the development of your legmuscles, whereas the fact lies in this, the legs are the two props, the supports of the spinal column which is the main stay, the basis of the whole human frame. The necessary conse-

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quence therefore is, the strong and more developed the leg-muscles are, the healthier would be the spinal column and hence the whole body. In fact there is no beauty in a body having a fine broad chest and well rounded arms but legs extremely shrivelled and quite unproportioned to the rest of the body. There should be perfect harmony among all the diverse muscles of the human body from top to toe; and only when you have it, yours is a fine and perfect body.

THE INDIAN SYSTEM IN VOGUE

On the other hand I have equally watched my PAILWANS. Though they follow their Indian exercises in the most irregular manner, leaving broad intervals between their giving them up and resuming them, yet the improvement which they get thereby and the effect upon their bodies has always been more permanent and lasting than in the case of any of the foreign systems with which I have come into contact.

WESTERN GAMES

In fact all the various systems of Physical

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Culture practised outside India seem to have their origins in India. Only they have been made more fashionable and handy; and I trust also more convenient to suit the more slender and easeloving bodies of the users. Observe how easy, though gradual, the transformation must have been from the Indian to the non-Indian things:

- (1) Dumbbells from our Indian *Sangidi* (a stone with a rod in the middle)
- (2) Grip-dumbbells from our *Santola* made more fashionable.
- (3) Developer or chest expander from our *Lezim*; which the Mahrattas play even now-a-days on marriage occasions; the *Lezim* is less costly and more effective than the foreign developer.

Similar seems to have been the case of almost all the foreign Games. Only they have been modified and polished. The finish is characteristically Western; the substance is characteristically Eastern. In this process

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of finish, however, they have lost many of their real advantages and now serve as entertainments or pleasant pastimes. Observe the transformation and development of:

- (1) Hockey from the Indian game *Hookud* which the cow-boys generally play;
- (2) Cricket from *Gili Danda* or *Legina*.
- (3) Tennis from *Gaina Jnopana*;
- (4) Billiards from *Bamtakuncti Gouli*.
- (5) Boxing from *Mushti Yuddha*: in Baroda they play with iron gloves in Dashara days and on marriage occasions;
- (6) Jiu Jitsu from *Bak Kusti* with a *paish kubz* in the hand;- the Japanese do not use this weapon;
- (7) Greco-roman- wrestling from *Ealikhel*; they do not allow to catch below the waist our people play this in Chittagong and Assam;
- (8) Catch-as-Catch can from our *Mallu Yuddh-Indian wrestling*:

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Again it is my firmest conviction that all varieties of games above mentioned are entirely for entertainment or pastime. They serve no useful purpose by way of any solid and durable physical improvement and this affirmation of mine is based on the fact that students playing Hockey, Foot-ball or such other games have scoring of goals the first and foremost object before them, the point of physical exercise being far from the minds of those rare few who are guilty of such an idea. Such being the case, how can you expect muscular development or a good physique in the absence of concentration of mind for such accomplishment? The reader should know it once for all that concentration of mind is the one essential in the domain of Physical Culture as in any other human activity. Such being in general some of my experience in the course of my extensive travels, practice and observation throughout the world, I shall try to briefly outline here a system of Physical Culture which can be usefully adopted by the Universities and which if closely followed would

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ensure a sound body and a sound mind for the rising generation to successfully fight the battle of life and world.

SCHEME BASED ON THE MAXIM SOUND BODY & SOUND MIND

The root cause of all disease is indigestion, which causes sleeplessness and without perfect sleep there remains present within the system an excessive amount of toxic products productive of vice and bad thought. Hence it is the deranged system or in other words extreme frailty of the human body which is at the root of all disturbed thoughts and unrest in the human mind. The body being weak, the veins are necessarily weak and there is not enough power of resistance left. The consequence is that the *Indriyas* irresistably take possession of the mind and envelope it in total darkness within and without. Hence to have the upper hand on these enemies of human welfare and to give them a permanent and stunning blow, the existence of a sound mind is absolutely needed, which state is most surely brought about

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by daily physical exercise. When you have this sound mind there would be that Divine Light by which you can attain Eternal Bliss, the Be-all and End-all of all human existence, Salvation.

HEALTH THE PRIMARY OBJECT OF SCHEME.

To begin with, my close observation of the students of this country has convinced me of the fact that there is no health among them. Had there at least been health, one could have proceeded to the next step or suggesting means for the development of the muscles. One may very well do without a muscular body but not without health. This difficulty puts me under the necessity of suggesting first a general course of Health Exercises for all students in general and then the means for muscular development for those who are in need of the same.

HEALTH EXERCISE. - - NORMAL HEALTH

Medical Inspection of the students, as it is even now being done in some of our colleges on their seeking admission into the University, is

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absolutely necessary. And in case of those suffering from contagious diseases, their admission may be deferred until they get themselves cured of the same. The Medical Officer should keep a Register with the usual columns for the boys' bodily measurements and also to note the periodical weight. The actual Health Exercises which include Deep Breathing Concentration, Asan etc. I propose giving shape to in a text book as they cannot conveniently be included here in this brief scheme as they require illustration etc.

These Exercises and Military Drill in general require no apparatus and are to be compulsory for all. Practical instruction in their case will only be required for a brief period after which the boys may be left to themselves with the aid of the textbook. Nevertheless, there should be very strict supervision to insure the boys' regularity in practising them. And in case of any negligence, which can be duly detected through the fortnightly or monthly Inspection, recourse should be had either to Detention

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Classes, as in the case of soldiers or admission should be deferred until the boy returns to regular habits; or to the more strict method followed in disbarring competitors who do not succeed as in the strict method followed in I. C. S. Examinations. Just as they disbar those who do not satisfy the riding test, so here also those who do not satisfy the physical test may be treated in the same way, i. e. declare them ineligible for examination. But to ensure satisfactory progress on the part of the students it should be the first and foremost look-out of the Universities to provide as early as possible a good supply of cheap and pure milk, which they can arrange without any difficulty through dairy farms of their Agricultural Departments. The time and space for these will be detailed in the course of the scheme when we come to deal with Buildings.

THE REGULAR UNIVERSITY CURRICULUM.

I propose to divide the Athletic activities of the University into two parts. The first is the **COMPULSORY**, the second is the **OPTIONAL**.

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As all of us know only too well, human growth does not continue beyond a certain age, say forty after which there will be no spontaneous or visible growth even though it is believed it will go on till some little time afterwards imperceptibly. Therefore the **COMPULSORY COURSE** will aim primarily at giving full play to every part of our body and tend to the full and proper development of its various organs. This will ensure a good physique and help the student to fight his battles in life besides equipping him with spirit and courage. The **OPTIONAL COURSE** will serve as an entertainment to relieve the monotony of one's daily work. It thus often serves as the very spice of our life, at the same time helping us to keep up the continued and undiminished vigour of our lives till late in our old age.

Further this will also avoid, at least in our case, the so very well recognised defect of the present day education of bringing the boys into uniform intellectual grooves, irrespective of the bent of their mind and thus allow them

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freely to choose the Exercises and Games of their own liking so that they may pursue them with undiminished enthusiasm and vigour throughout their life. Even if no school child may be explicitly told about the various advantages and the disadvantages of the different kinds of Physical Exercise, I think he will nevertheless be eager to embrace them if only he is old enough to recognize that, for example, swimming would save him from drowning and fencing would help him to overcome his enemies etc; with some such evident advantages in view the undermentioned compulsory and optional exercises are suggested.

COMPULSORY EXERCISES

Group A (1) Health Exercises

(2) Muscular Exercises.

Group B (3) Military Drill including Cavalry, and Infantry Drill.

(4) Swimming, Fencing, Wrestling (Khaburdu) Padmavyuha and certain

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other Indian games to be detailed later in the Text-book.

Here as elsewhere I wish to be extremely brief, in fact only touching the important points. About exercises numbered (1) & (2) I have already said something.

(3) *Military Training*. The first and foremost requirement is a parade Ground which must meet the requirements of the strength on hand.

Staff : The staff must invariably consist of those who have served in the Military Department and who possess teaching capacity. As regards the other details such as Uniforms etc, it is a thing which touches the purse of the Universities. As young men are desirous of keeping the relics of the Military glory of their younger days with them it is advisable the Universities should prescribe the Uniform and may ask the students to buy their own Uniforms The provision of horses is another matter. The keeping of ranks both Commissioned

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and Non-Commissioned for students to aspire to and thus pay more attention to Drill is no doubt necessary and ample attention should be paid to this

(4) *Swimming*. stages: Keeping in view the conveniences that are at present available and can be obtained with comparative ease I propose there may be three stages in Swimming Course. (i) The initial stage is to be begun in tank with water neck-deep. This tank must be provided with Jumping Platform and Chains, arrangements which any ordinary Engineer can easily effect. It may be conveniently 50 feet Square. There should also be another tank and it should be filled with water just to the height of an average man. Here two Jumping Platforms are necessary but there may be a smaller number of chains as students using this tank are expected to be more advanced; the chains only help them to rest themselves a little when absolutely tired. This Tank may be 100 feet square. Both the Tanks should be paved to facilitate frequent cleaning

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and be provided with draining and refilling arrangements. (ii) The second stage may be commenced in Canals. (iii) The third stage is to be in Rivers. Of course provision should be made for Life-belts and other essentials.

Fencing. Necessary apparatus i. e. *Patta, Mel-patt, Banna, Banoti Kaseda. Fari, Gudua, Gadga, Bak* should be provided and *Bak-kusti Mushti yuddha* and *Mallu yuddha* etc are to be practised in the presence of competent Instructors. The place for this may be either a hall or open air when the weather permits.

Wrestling. Provision should be made by employing experts to teach both kinds of wrestling i.e. the Greco Roman style as well as the Catch-as-catch-can. As this is an Art which can not be learnt through theory and lecturing, provision should be made for a sufficient number of Instructors from time to time. Accomodation for the *wrestling* will be shown in the Building plan.

Other Games. For such games as *Kabadi,*

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Bori bori, Balchepla (chedugudi) Gheripatti. Koka patti, Padmavyuh etc, open air is always preferable except when the weather does not permit it.

As it will be seen easily the list on the *Compulsory* side aims, first, at systematising the mind, which is so much looked upon as the one absolute necessity (the first group), and secondly ensuring easy victory over one's antagonists in everyday life and to become the heroes of special service in time of trouble; while the list of Indian games attached is wholly and solely to advance and maintain the effects produced by the main groups (the second group).

In this connection we are not to lose sight of the fact that these very useful and at present totally neglected Indian games, besides infusing the students with a spirit of patriotism towards something of their own thus contributing largely towards the sacred purpose which the Olympian Games served there, will also suit the limited space that may be available in places like Calcutta. (I may

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refer the reader in this connection to the report of the Calcutta University Commission). Thus while the one group helps to secure, and keep up the effects produced by the other, one and all of them equally promote bodily welfare which is our prime purpose to bring about here; further the *compulsory* group is such that it does not require life-long practice while its effects continue life-long; demanding thus no serious attention to itself it always ensures good permanent results.

OPTIONAL.

The optional group consists of Foot-ball, Hockey, Tennis Polo, Boxing and Gymnastice etc. With respect to these much need not be said. Provision must be made for adequate grounds. For every game there should be one or more expert Instructors as the case may require. They of course will have very little to do by way of teaching except in the beginning. But it should be their constant look-out, however, to see that the students regularly attend to their respective games.

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We are aware that a young man is one day to leave the college and seek a profession wherein he has to spend the rest of his life. Then, as he leaves his office every day or comes out of his commercial closet, he can conveniently obtain recreation through any of his *optional* games provision for which is now a days made in almost all private clubs and associations.

Games are as essential to girls as they are to boys. Old games which are now fast becoming faded from memory and which were always practised by the Indian girls on Holy days and Festive nights should be once more revived vigorously. Such for example are *Erando*. *Dholy-dhar Koko-patti* etc. to mention only two or three out of least a hundred primary varieties.

COURSES OF INSTRUCTION.

The courses may for convenience be divided into higher and Lower extending over two years. Instructors and those of the students

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who otherwise do not have instruction in the under-mentioned subjects should have also a course in Pranayam, Asan and certain processes of Hatayoga lectures on Bhagavad-Gita and Philosophy, Elements of Anatomy and Hygiene and out-lines of History and Geography and results of Sciences.

TIME TABLE.

An apparent difficulty is as regards the time when the exercises could be taken by the students. I have thought over the matter with some care; and I have found that many of the evils to which our young students are subject often arise by unoccupation. Time should not be given to them for wasteful thought. In the mornings before the College hour and in the evening after Four or Five there is much time at the disposal of the student. Time-tables can be easily drawn to appropriate a portion of this spare time. Two hours in the morning and two hours in the evening should be enough; that is, 5 a. m. to 7 a. m. and 5 p. m. to 7

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p. m. Educationalists need not complain against this arrangement; students have no right to do it. Firstly because Physical Exercise is necessary in the interests of the Nation as much as of the individual; secondly without this the true aims of the Educationalists themselves will not be fulfilled; thirdly more than two hours in the morning and nearly two hours or more in the night to spend on Mental Culture at home besides six hours in the College a day is certainly more than sufficient to turn out prodigies from the University; therefore any complaint could be based only on sentiment. Still if any complaint could be made I should think it should be a reason to change the ordinary sapless courses of the Universities of the present day to suit modern conditions of life and knowledge. The *compulsory* courses shall be taught in the morning periods and the *optional* courses in the evening.

BUILDING.

The buildings for these may conveniently be located some where about the centre of the

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College premises with due regard to symmetry. The main feature of the Building will be a central hall 200 by 125 ft. The hall should be without pillars and be thoroughly ventilated. About the centre of the hall should be raised a platform wide enough to serve as a stage for any public entertainment if need be. In front of this platform the gallery should be erected so as to serve as a Lecturing Theatre. Thus the hall should serve the double purpose of Physical Culture Hall as well as an Auditorium; for exercises and competitive tournaments as well as for public lectures.

As regards other buildings for this department two different plans may be followed. Either the Physical Culture Department may be made a separate Colony or it may be combined with the other University buildings according to convenience. Any way, Boarding Houses, Staff Quarters, Hospital Servant's Quarters etc. have to be provided for. Tanks and gymnasium also should be cared for. Besides

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the Universities shall have to provide for Goshalas, Brahmachari Ashrams and Orphanage. Of these the first is essential to ensure un-failing supply of good diet and health and it is indispensable. How the second and third come in here I shall say presently. Here I should only say that the location and equipment should make the nearest approach to the ancient Rishi Ashrams.

But it should not be understood that the buildings are part of Physical Culture and then complain of cost, thus seeing a way of evading the immediate introduction of the Scheme as it is or in a modified form. Buildings come in only wherever the finances allow or patriotism does not fight shy. Otherwise we have the green grassy *maidans* and blue skies and the cheap Indian thatched huts which as matter of fact are more cool.

TRAINING COLLEGE.

As has been hinted above, if Universities aim at common and uniform Culture and if a Trai-

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ning College for Mental Culture has been found essential, the same argument holds good in the field of Physical Culture and a Training College is as essential as it is useful. In this connection I cannot but regret the paucity of effort in both the Benares Hindu University or and the other National Institutions that have reared up their heads on the wings of Nationalism, in the direction of bringing about a uniform Culture in Mental as well as Physical fields. It is this uniformity of Culture that is the immediate need of India and I am sure in the wake of such, other good things which we aspire to will almost automatically come about. And the responsibility for the rearing up of this new culture lies more heavily on the non-governmental Universities. Unless proper recognition and certain status are given to the Department no effective work can be done in this direction. For this purpose I propose that a Faculty of Physical Culture should be opened under the Universities Act.

Selection of candidates: Applications for admi-

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ssion should be invited, the minimum qualifications being the Matriculation or some Examination equivalent thereto. The number of the selected may vary according to the total strength of the University. And at least 20 per cent of them must be stipendary, all the stipendaries being out-siders alone. Outsiders may be admitted to only such seats as are still available after admitting the students from the University itself. The stipends are of course intended to make the holders thereof work for the University for a specified period. But bonds thus undertaking University service should not always be insisted upon specially for outsiders, as it would cut off one important way of spreading the Culture throughout the country. Rules on this behalf could be easily framed by the University authorities. Thus the Training College serves firstly to minimise the University expenditure and secondly to spread a uniform Physical Culture throughout the country. At the same time it supplies just the kind of efficient labour that is wanted.

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STAFF.

Director of Physical Culture Dept.

It is hardly necessary to say that the Director should be one who is well up in all or at least a large number of the Games and Courses suggested above. The Physical Culture Department should be run entirely by him; or at least under his controlling advice. He is to have a seat on all the controlling bodies of the Institutions. He must be competent to manage as well as impart practical instruction. He may be required to be the author of some book or books on his subject. He should be able to keenly study individual variation in the needs of different students and appreciatively alter the course for those whose constitution demands a change. And he should also have a keen knowledge of the weather and its effects on the boys in different seasons and accordingly he should be able to alter the courses from season to season. For variation of course to suit individual cases should form

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the subject of as much vigilant observation by the authorities as it should of the selfstudy by the student himself. In short the Director should be the guiding Life-Breath of the Department; his duties varying from the initiation of his smallest pupil to editing and writing books on the subject.

Assistants The first is to be a Graduate Medical Assistant doing two sorts of duty : teaching Hygeine, Anatomy etc. and secondly manage the Hospital attached to the University. The second Assistant is to be a competent Graduate preferably with knowledge of Sanskrit for office management and editing or publishing work. The staff should include various AssistantInstructors etc. according to the needs.

Instructors.

Instructors whom we have had to mention already, should know their art as well have the capacity to instruct. Where they come from a different province it should be seen that they overcome the language bar as quickly as is possi-

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ble under the circumstances. The number of instructors naturally varies from time to time.

MEANS WHEREBY THE UNIVERSITY SHOULD EXTEND THE CULTURE.

No University should content itself with teaching the subject within its own walls. The students are after all very few; while the masses are very many. The benefit should extend to the masses as well. This extension of the University Culture to the masses is supremely needed both on the Mental as well as the Physical side. It is to be regretted that no efforts have ever been thought worthy enough to be made for such extension even on the mental side though at least three generations have passed, since the Indian Universities came into existence and gone, without being aided or influenced by the Universities. It is never too late. We must make the beginning; however, I am here concerned only with the Physical Cultural side of the question. The Training College outlined above should serve as nucleus for the spread of such culture among the masses who otherwise do not come

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into contact with University.

BRAHMACHARYA ASHRAMS Another potent means is the starting and affiliation of Brahmacharya Ashrams. I have come into contact with the existing Brahmakuls and Gurukuls; I feel bound to say that the bringing up of the BRAHMACHARI is not at all satisfactory.

The chief function which these Brahmacharies did in olden days was to set right matters when they went wrong in this country by exercising the extraordinary influence they could acquire by means of *Brahmacharya*. Such were Shankara, Ramanuja, Vallabha not to talk of the more ancient ones even earlier than the Budha who were always ready to advise where kings went wrong making their light penetrate throughout the country. This is not where more can be said. But they and their power is well known to all. An excess of Life-force was engendered and was unified with an indomitable will power and this enabled the BRAHMACHARI to achieve what seems well nigh impossible to us the uni-

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initiated of these fallen days. It should therefore be our principal aim to develop once more the true BRAHMACHARIS and make them real and living forces again to move through the country in order to spread Culture and not confine them within the walls of an *Achalayatan* which is at present the case in the Ashrams of today where they repeat parrotlike what they are asked to repeat.

There should be no difficulty for any University to make provision for such life modelled on the ancient Ashram-life for the benefit of those who volunteer. These also shall be imparted a uniform Culture and can be utilised to go round the country to preach the pure tradition of Light and Virtue and Hardihood. For proper training to give in this direction volunteers of young age should be encouraged and preferred to the older ones. Yet another method where by the University Culture may be spread to the general masses is an

ORPHANAGE.

Firstly that the country is in need of benefi-

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cient Orphanages is a matter too well known to all those who think. Innumerable are the lives that are daily wasted away for want of such a provision; now the Universities should take advantage of the situation and should start and affiliate Orphanages to it. Once the Orphanage is started numbers will flock. I propose that these should be equipped with general knowledge and be bred up with the spirit of Self-sacrifice and social service, and their power of public speaking should also be developed.

More than this however Physical Culture is the chief thing with which I propose their association. From this source the University can draw therefore a large number of Physical Culturists who, after being trained in it can be usefully sent round the country firstly to spread the University Culture especially on the physical side and secondly start throughout the country by-institutions for the Shariric and Atmaic up-lift of the nation. They shall not acquire permanent property. This does not cost the Universities much but will pay in the long run though in a different kind.

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OTHER THINGS NECESSARY.

GOSHALA ... As it has already been pointed out in connection with Health Exercises, the supply of pure milk has always been a long felt want in the case of Indian students; it is a matter of profound regret. Most of the students are poor and cannot afford to pay for their food. Milk is as is wellknown a splendid food because it is nearest in composition to blood; so that it must be our object to see that students get pure and healthy milk at the cost-price; at less if philanthropy comes in to aid. The chief way of ensuring such supply of milk is the maintaining of Goshalas by Universities. No sufficient bodily progress could ever be shown without an abundant supply of healthy and nourishing food. And I would even go so far as to say the maintenance of Goshalas is a vital concomitant with the opening of Physical Culture in the Universities and the latter cannot exist without the former.

PHYSICAL CULTURE FOR GIRLS.

We must once more recognize the Spartan

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truth that the growth of a strong and healthy nation necessarily depends on the women of the country. Therefore the well-being of the girls of India is as vital if not more as that of the boys.

However I do not say much about it here just because it is so vital and cannot be dismissed with a few remarks in a brief scheme as this. I shall deal separately with the subject in a text book; they differ from boys in constitution, temperament and in their work before them and so require a special treatment. I only regret to say that the present system of education that is now sought to be given to the Indian girls is totally misconceived. So far as Physical Culture is concerned I should say, however, that my deferring the problem just now does not mean that Physical Culture for girls could in any way be deferred. Health exercises such as *abdominal and side abdominal exercises, Paschimotta Asan* etc, are simple and all girls should take to them immediately; they do not require much instruction and can be easily learnt from the instructions in the text-book of the boys.

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PUBLISHING DEPARTMENT.

Along with these activities the University should open a publishing Department as has already been hinted. The duty of the Department under properly appointed or elected officers is to periodically publish Literature on Physical Culture with a view to spread right notions about Hygeine and Anatomy so far as they have to do with health and general up-keep of the people; to suggest from experience in the University ways and methods of general exercises to the people of different ages who are not within the University, to encourage those who are already in the field and to induce others to step into it. A Monthly Magazine with simple and nontechnical articles on Health and Hygeine, articles on Physical Culture and photos is of course the first thing that the department shall undertake. What more can be undertaken on this behalf should be decided from time to time by those in its charge. Pamphlets, mostly in vernacular and at nominal price to reach the poorest person are also to be published from time to time. Comparirive Physical

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Culture may also be made part of the Magazine work. This would naturally stimulate emulation and a sort of legitimate self-pride in the students.

THE ALL INDIA PHYSICAL CULTURE CONFERENCE.

When, thus, Physical Culture is opened throughout the country, when wholesome influences are created in the land then it would be time for us to convene an All-India Conference wherein important points that arise concerning Physical Culture, may be discussed with advantage. Next may follow exhibitions in the various parts of the country, to stimulate emulation among the people with in the field and enthusiasm among those who are outside it and equally as well to create one more living tie among the various peoples of India.

SHALL THE PEOPLE REALISE THE SITUATION.

This scheme, as it will be seen, aims at ensuring a sound body in a sound mind and vice versa. This is a cry of halt, to no more produce pigmy-men. Indian youth can no longer dally

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with their physique. If they do not take to it coming circumstances will force them to take to it; only they shall have to repent their negligence. After all that is said and seen, the weak nations have no enviable place in this world; and this position will certainly continue and the struggle for existence among the nations is bound to go on and we shall have to face the hard fact for all our theories and talk. Turkey, the sick-man of Europe whose death has for long been anxiously hoped for by the greed of the European Imperialism, is no longer the sickman but once again a power which is teaching a lesson to those that sought her destruction. The young men of my country will no doubt take the lesson to heart; the lesson is to them.

Easy habits and early marriages have had their day and now we are suffering from the results. The young men have lost strength as well as spirit. Else how could you see daily reports of INDIANS being beaten, of their women outraged or their temples desecrated. Learned

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Editors daily pour their columnfuls of woebe-gotton complaints. They see an imaginary remedy in the help to be rendered by authorities. But they do not know or suggest the most obvious remedy. The remedy lies only in the victims to all these. It is only they by improving their physique can cure the evil. None would dare to come against you or assault and outrage your women or desecrate what is sacred to you if you are strong. I have yet to hear a strong man complain in this womanish fashion. But, alas, our blood boils in impotent rage to read the harrowing tales of assault and violation and outrage. The blame lies on none but our young men. This should stop hereafter. Men should apply the remedy at once. Those who are not strong or brave have no right to marry women whom they cannot protect from danger. It is blasphemy for such to think of it; for as the poet sings None but the Brave deserve the Fair. The parents, too, shall not hereafter pay more attention to the marriages of their sons than to their physique that helps them to be fit for

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the struggles in the world.

Let every Indian who is proud to call himself the descendant of the mighty ones that made our civilisation, rise and wake up; let him take to Physical Culture. Strong bodied Indians are not dealt with blows in South Africa and the Colonies. A strong nation will not be rejected out of the Comity of Nations; nor will its citizens be denied entry (citizenship in) other lands that are free. The world respects the strong. The one sacred duty of the present day Indian that he owes to his mother country is the cultivation of his physique on cultural lines.

In many foreign countries the strength of the youth is the concern of the state; such is the importance of Physical Culture in its relation to the youth of the land. Is it then given to us to neglect this vital problem any more? (In this connection I may refer my readers to the Report of the Calcutta University Commission). Glib talk about Home Rule and

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Swaraj will not help us. Intellect alone will not help us to bear the heavy responsibilities that lie on the shoulders of a new nation. Our physical fitness for it must be demonstrated in an unmistakeable manner.

MY INTENTION.

The Scheme which I have outlined is intended for the immediate adaption in the Universities. The public should bring pressure on the authorities to adapt it. But apart from this I want my countrymen to realise the situation and come forward to liberally contribute for the opening of a central PHYSICAL CULTURAL INSTITUTION as Berner Macfedan has done in America. The outlines hinted above would give my readers an idea as to the sort of Culture which will be reared up in that institution where I will be left to my-self to elaborate my scheme for such purposes. I am open to all sincere public criticism on the matter and would endeavour my utmost to improve it in all possible ways. This is not a personal affair; and I am at the disposal of all those

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that mean business. For this purpose a Central Committee of important people will be convened from the various Provinces including the Native States and I shall lay my proposals for discussion before them; I shall strain my every nerve to accomplish this; for in my humble opinion the future of the country largely will depend on this. But if on the other hand the people at large fight shy to come and organise, I shall do all that I want single-handedly until I make it thoroughly popular. As for the Universities, I am always at their disposal and I shall help them in the initial organisation of the Department as far as it lies in my power.

CONCLUSION.

I have devoted my whole life to Physical Culture. I shall devote the rest too for the same. I have seen the degradation in which we are at present. I have travelled extensively and all that I have remarked here is from experience; and my suggestions are to meet the situation. I know they would, if adapted remedy the evil;

for, I have studied carefully the position. If we in all seriousness wish to call ourselves the descendants of the mighty Yoddhas of past, if we wish not to cast a blot on the fair name of India, if we wish that India should have a future vying with its glorious past, if we wish that we should gain an honorable and equal place among the peoples of the world it should be our sacred resolve from now to wake up from the sleep as a lion; we should muster muscle and steel the body. For all greatness lies in Culture and I should only be too gratified if my scheme could put the youth of the country on the right track to achieve our most cherished Ideals.

KODI RAMA MURTY.

